

DID YOU
KNOW?

We use Red Tractor or Farm Assured Meat in our schools. We use MSC Certified fish to encourage sustainable fishing practices.

Our seasonal fresh vegetables are sourced from local farms wherever possible and we use Fairtrade products.



FREE SCHOOL
MEALS

All pupils between reception and year 2 are entitled to a free nutritious school lunch.

Everyone automatically gets Universal Infant FREE school meals and can benefit by £458 per child per year. If your child is in year 3 or above, find out if they could still qualify for a free school meal by contacting the school office.



SPECIAL DIETS

If your child requires a special diet for medical reasons, please check out our website

www.edwardsandward.co.uk

for a full list of FAQs and to complete our online form.



MENU

SPRING/SUMMER

2023

St Paul's Cray



edwards and ward
a recipe for success

WEEK ONE

WEEK TWO

WEEK THREE

MONDAY

Turkey Kofta with Mint Yoghurt & Rice (Wg)
 or Mac & Cheese (V)
 Jacket Potato with a Choice of Filling
 Super Greens
 Jammy Dodger Flapjack (Ve)(Wg)

TUESDAY

Beef Lasagne with Garlic Bread (Wg)
 or Vegan Shepherd's Pie (Ve)
 Jacket Potato with a Choice of Filling
 Cauliflower, Garden Peas
 Apple Crumble (Ve)(Wg) with Custard (V)

WEDNESDAY

Roast Chicken with Roasties & Gravy
 or Chickpea & Veggie Baklava with Roasties (Ve)
 Jacket Potato with a Choice of Filling
 Cabbage, Sliced Carrots
 Strawberry Jelly & Pears (Ve)

THURSDAY

Gammon & Cauli Cheese Crumble with
 New Potatoes
 or Penne with Tomato Super Sauce (Ve)(Wg)
 Jacket Potato with a Choice of Filling
 Broccoli, Sweetcorn
 Banana Mousse & Sliced Banana (V)

FRIDAY

Fish Fingers with Chips
 or Veggieball Marinara Sub with Chips (V)
 Jacket Potato with a Choice of Filling
 Baked Beans, Garden Peas
 Chocolate & Beetroot Brownie (V)

20/2/23, 13/3/23, 3/4/23, 24/4/23, 15/5/23, 5/6/23, 26/6/23,
 17/7/23, 7/8/23, 28/8/23, 18/9/23, 9/10/23

Penne with Beef Bolognese & Garlic Bread (Wg)
 or Cheese & Potato Tortilla with Garlic Bread
 (V)(Wg)
 Jacket Potato with a Choice of Filling
 Rainbow Veg
 Custard Cream Sponge (V)

Pork Sausages with Mash & Gravy
 or Vegeballs with Mash & Gravy (Ve)
 Jacket Potato with a Choice of Filling
 Sweetcorn & Peppers, Garden Peas
 Apricot Flapjack (Ve)(Wg)

Roast Beef with Roasties & Gravy
 or Homemade Veggie & Stuffing Roll with Roasties
 & Gravy (Ve)
 Jacket Potato with a Choice of Filling
 Cauliflower, Sliced Carrot
 Orange Jelly & Mandarins (Ve)

Cottage Pie
 or Penne with Veggie Bolognese (Ve)(Wg)
 Jacket Potato with a Choice of Filling
 Swede, Broccoli
 Apple & Pear Crumble (Ve)(Wg) with Custard (V)

Fish Fingers with Chips
 or Veggie Burger with Chips (Ve)
 Jacket Potato with a Choice of Filling
 Baked Beans, Garden Peas
 Chocolate Shortbread (Ve)

27/2/23, 20/3/23, 10/4/23, 1/5/23, 22/5/23, 12/6/23, 3/7/23,
 12/4/23, 4/8/23, 4/9/23, 25/9/23, 16/10/23

Mild & Sweet Chicken Curry with Rice (Wg)
 or Vegetable Lasagne with Garlic Bread (V)(Wg)
 Jacket Potato with a Choice of Filling
 Super Greens
 Toffee Apple Sponge with Apple Custard (V)

Fish Pie with Rosti Topping
 or Margherita Pizza (V)(Wg)
 Jacket Potato with a Choice of Filling
 Garden Peas, Shredded Carrots
 Lemon & Courgette Cake (V)

Roast Gammon with Roasties & Gravy
 or Veggie Sausage Toad in the Hole with
 Roasties & Gravy (V)
 Jacket Potato with a Choice of Filling
 Broccoli, Sliced Carrot
 Strawberry Jelly & Peaches (Ve)

Chicken Meatballs with Mash & Gravy
 or Mixed Bean Chilli with Rice (Ve)(Wg)
 Jacket Potato with a Choice of Filling
 Green Beans, Sweetcorn
 Fruit Shortbread (Ve)

Fish Fingers with Chips
 or Garden Vegetable Goujons with Chips (Ve)
 Jacket Potato with a Choice of Filling
 Baked Beans, Garden Peas
 Chocolate Mousse & Mandarins (V)

6/3/23, 27/3/23, 17/4/23, 8/5/23, 29/5/23, 19/6/23, 10/7/23,
 31/7/23, 21/8/23, 11/9/23, 2/10/23, 23/10/23

V – Vegetarian Ve – Vegan Wg – Wholegrain

YELLOW

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily